



Recycle After September

Herndon

PROGRAMS AND EVENTS GUIDE

COUNT ON US! Our Guide Has Programs For Every Age And Every Interest.

Summer 2015



Registration Starts For
Town Resident Wednesday, April 29
Non-Town Resident Tuesday, May 5
703-787-7300
herndon-va.gov

HOURS & FEES



Hours & Contact Information

Herndon Community Center Hours

Summer HoursJune 22-August 29
Monday-Friday6am-9:30pm
Saturday7am-6pm
Sunday11am-7pm
No admittance after 9:30pm
The building closes at 10pm

Regular Hours (through June 21)

Monday-Friday6am-9:30pm
Saturday & Sunday7am-6pm

Holiday Hours

Memorial Day, May 25.....8am-8pm
Independence Day, July 4.....11am-6pm
Labor Day, September 7Closed

Parks & Recreation Office Hours

Monday-Friday8:30am-5:30pm
Office Closed – May 25, July 4, September 7

Address

Herndon Community Center
814 Ferndale Avenue, Herndon, VA 20170

Phone

703-787-7300 Fax 703-318-8652

Hearing Impaired Relay

1-800-828-1120 TDD

Website

herndon-va.gov

Follow Us



- Herndon Parks and Recreation Department
- Herndon Community Center



- @herndonparks



- Herndon Parks and Recreation Department

Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

Admissions and Passes

TOH = Town of Herndon resident rate requires ID with address for every transaction
NR = Non-resident rate

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adults	\$6.50/\$7.50
Seniors	\$5.25/\$6.25
Youth	\$5.25/\$5.50
Family	\$18/\$22.50
(Up to 5 family members, 2 adults maximum)	

10-Admission Pass	TOH/NR
Adults	\$58/\$69
Youth/Senior	\$46/\$52

25-Admission Pass	TOH/NR
Adults	\$130/\$160
Seniors	\$98.50/\$140.50
Youth	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult	\$52.50/\$70.25
Adult 2-Person*	\$82/\$109.25
Youth Single	\$47.25/\$50
Senior Single	\$36.75/\$62
Senior 2-Person*	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr	\$70/\$100
Dependent Youth**	\$13.50/\$18

6-Month Pass ⁽¹⁾	TOH/NR
Adult	\$261.75/\$349
Adult 2-Person*	\$411/\$548
Youth Single	\$215/\$307
Senior Single	\$215/\$307
Senior 2-Person*	\$338/\$481.50
Senior 2-Person* Sr/Non Sr	\$350.25/\$500.50
Dependent Youth**	\$65/\$86.50

Annual Pass ^(1,2)	TOH/NR
Adult	\$470.25/\$627
Adult 2-Person*	\$739/\$985.25
Youth Single	\$329.25/\$551.75
Senior Single	\$329.25/\$551.75
Senior 2-Person*	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr	\$630/\$900
Dependent Youth**	\$116.75/\$155.75

* Both adults must reside in the same household and have ID to purchase a 2-person pass.

** Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

Community Center Information

Discount Pass and Daily Admission Fee

The discount pass and daily admission fee for the facility includes:

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to any regularly scheduled land aerobics class (see class schedule on page 13)

Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to the one free training session.

All daily admissions and passes are nonrefundable.

Age Categories:

Youth	17 & under
Adult	18 & older
Seniors	65 & older
Children	Admitted free
under age 2	with a paying adult

Pool Use:

Children	must be accompanied
8 & under	by an adult

Gymnasium Use:

Youth	must be 12 & older
Youth Open Gym	weekends only
	age 8-11 must be accompanied by a paying adult

Fitness Room Use:

Youth Fitness ID	age 12-15 must earn YFP
	age 12 & 13 must be accompanied by an adult

Locker Room Use:

Children	permitted in locker room
5 & under	of opposite sex

Family Locker Rooms	for parents with children over the age of 5, located in guard office
---------------------	--



A Nationally Accredited Agency
Since 2006
"Herndon is Meeting and Exceeding
National Standards in P & R Administration"



Special Admissions

\$5 Fridays, 12-9:30pm all ages
\$2 Tuesdays, Seniors 65+ all day



GENERAL INFORMATION

Racquetball, Badminton, Table Tennis & Wallyball

Prime Time Hours

Monday-Friday, 4-10pm, Saturday and Sunday, 7am-2pm.

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

Prime Time

\$4 per hour + racquetball and badminton admission fee per player.
\$3.50 per session wallyball.

Non-Prime Time

\$2 per hour + racquetball and badminton admission fee per player.
\$2 per session wallyball.

Registration Dates

- Registration for all Town of Herndon residents will open at 10am on Wednesday, April 29.
- Registration for all non-Town of Herndon residents will open at 10am on Tuesday, May 5.

Starting on these dates, you will be able to register online, or in person **ONLY** for the Summer 2015 registration.

Please see "Registration Information" on pages 30 and 31 for more information.

Table of Contents

Aquatics	4-10
Arts & Crafts	27
Dance	17
Fitness Room Services	14-16
General Information	2-3
Group Exercise	12-13
Gymnastics	18
Kid Care	13 & 16
Martial Arts	11
Open Gym	14
Outdoor Tennis	19
Parks	28-29
Registration Information	30-31
Special Events	20-21
Special Interest	27
Sports	27
Staff Directory	18
Summer Camps	22-26
Wellness	11

Department Sponsors

A special thanks to the following companies for supporting our department programs and events:

Platinum:



Silver: Passanante's Home Food Services

Bronze: Gutter Helmet Systems

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at **703-435-6800 x2104**.

Outdoor Weather Policy

Decision on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for make-ups by the program supervisor.
Call **703-435-6866**.



Fun for the whole family!

Sit back, relax, and enjoy...

ACTIVITIES BEGIN AT 7:00PM

- * **LIVE MUSIC**
- * **CHILDREN'S ARTS & CRAFTS**
- * **BINGO** AND OTHER GAMES
- * **REFRESHMENTS** (PURCHASE AT THE EVENT)

FIREWORKS! 9:30PM
AT DARK, WATCH A SPECTACULAR FIREWORKS DISPLAY SYNCHRONIZED TO MUSIC!

BREADY PARK IS LOCATED BETWEEN THE W&OD BIKE TRAIL AND THE HERNDON COMMUNITY CENTER

PARKING IS AVAILABLE AT HERNDON MIDDLE SCHOOL AND THE HERNDON COMMUNITY CENTER. ON A LIMITED BASIS.

AQUATICS



Class Information

Aquatics Classes Makeup Policy

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

The pool is open only to lap swimmers age 13 and up and scheduled swim lessons every day until noon.

We recommend no food to be eaten 1 hour or less before participation in any swimming class.

Free Swim Evaluations

If you do not know which class is appropriate for your child, please contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule an evaluation at no charge.

Aquatics classes will not be held July 4.



A detailed listing of swimming class requirements may be found at Herndon-va.gov/Content/Parks_rec/Aquatics. Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Swim evaluations are available at no charge if you are unsure of which class is appropriate for your child.

Preschool Aquatics

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Baby and Me Age 6 months-2 years

Instructor works closely with parent in helping infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent* 8, 25 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

101100.60	Sa	9:30-9:55am
101100.61	Sa	11-11:25am

9, 25 minute sessions TOH \$75/NR \$93

June 22-July 2

101100.10	M-F	10:30-10:55am
-----------	-----	---------------

July 6-16

101100.11	M-F	10:30-10:55am
-----------	-----	---------------

July 20-30

101100.12	M-F	10:30-10:55am
-----------	-----	---------------

August 3-13

101100.13	M-F	10:30-10:55am
-----------	-----	---------------

Toddler and Me Age 18 months-3 years

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent* 8, 25 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

101200.60	Sa	10-10:25am
101200.61	Sa	10:30-10:55am

June 21-August 9

101200.70	Su	11-11:25am
-----------	----	------------

9, 25 minute sessions TOH \$75/NR \$93

June 22-July 2

101200.10	M-F	11-11:25am
-----------	-----	------------

July 6-16

101200.11	M-F	11-11:25am
-----------	-----	------------

July 20-30

101200.12	M-F	11-11:25am
-----------	-----	------------

August 3-13

101200.13	M-F	11-11:25am
-----------	-----	------------

Preschooler and Me Age 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking.

Swim with parent

8, 25 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

101300.60	Sa	9-9:25am
-----------	----	----------

June 21-August 9

101300.70	Su	11:30-11:55am
-----------	----	---------------

9, 25 minute sessions TOH \$75/NR \$93

June 22-July 2

101300.10	M-F	11:30-11:55am
-----------	-----	---------------

July 6-16

101300.11	M-F	11:30-11:55am
-----------	-----	---------------

July 20-30

101300.12	M-F	11:30-11:55am
-----------	-----	---------------

August 3-13

101300.13	M-F	11:30-11:55am
-----------	-----	---------------



AQUATICS

Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. *Child's first water experience without parent*

5, 25 minute sessions TOH \$43/NR \$53

August 17-21

102100.1E M-F 9:30-9:55am

8, 25 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

102100.60 Sa 8:30-8:55am

102100.61 Sa 9:30-9:55am

102100.62 Sa 11:30-11:55am

June 21-August 9

102100.70 Su 11-11:25am

102100.71 Su 12-12:25pm

June 22-July 15

102100.11 M/W 6:30-6:55pm

June 23-July 16

102100.20 Tu/Th 2-2:25pm

102100.21 Tu/Th 7-7:25pm

July 20-August 12

102100.1D M/W 6:30-6:55pm

July 21-August 13

102100.22 Tu/Th 2-2:25pm

102100.23 Tu/Th 7-7:25pm

9, 25 minute sessions TOH \$75/NR \$93

June 22-July 2

102100.10 M-F 8-8:25am

102100.12 M-F 9-9:25am

102100.13 M-F 10:30-10:55am

July 6-16

102100.14 M-F 8-8:25am

102100.15 M-F 9-9:25am

102100.16 M-F 10:30-10:55am

July 20-30

102100.17 M-F 8-8:25am

102100.18 M-F 9-9:25am

102100.19 M-F 10:30-10:55am

August 3-13

102100.1A M-F 8-8:25am

102100.1B M-F 9-9:25am

102100.1C M-F 10:30-10:55am

Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. *Previous water experience required*

5, 25 minute sessions TOH \$43/NR \$53

August 17-21

102200.1I M-F 10-10:25am

8, 25 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

102200.60 Sa 9-9:25am

102200.61 Sa 10-10:25am

102200.62 Sa 11:30-11:55am

June 21-August 9

102200.70 Su 11:30-11:55am

102200.71 Su 12:30-12:55pm

June 22-July 15

102200.11 M/W 7-7:25pm

June 23-July 16

102200.20 Tu/Th 2:30-2:55pm

102200.21 Tu/Th 6:30-6:55pm

July 20-August 12

102200.1H M/W 7-7:25pm

July 21-August 13

102200.22 Tu/Th 2:30-2:55pm

102200.23 Tu/Th 6:30-6:55pm

9, 25 minute sessions TOH \$75/NR \$93

June 22-July 2

102200.10 M-F 7:30-7:55am

102200.12 M-F 8:30-8:55am

102200.13 M-F 9-9:25am

102200.14 M-F 10-10:25am

July 6-16

102200.15 M-F 7:30-7:55am

102200.16 M-F 8:30-8:55am

102200.17 M-F 9-9:25am

102200.18 M-F 10-10:25am

July 20-30

102200.19 M-F 7:30-7:55am

102200.1A M-F 8:30-8:55am

102200.1B M-F 9-9:25am

102200.1C M-F 10-10:25am

August 3-13

102200.1D M-F 7:30-7:55am

102200.1E M-F 8:30-8:55am

102200.1F M-F 9-9:25am

102200.1G M-F 10-10:25am

Preschooler 3 Age 4-6

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

5, 25 minute sessions TOH \$43/NR \$53

August 17-21

102300.16 M-F 10:30-10:55am

8, 25 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

102300.60 Sa 10:30-10:55am

June 22-July 15

102300.11 M/W 5-5:25pm

June 23-July 16

102300.20 Tu/Th 3-3:25pm

102300.21 Tu/Th 5:30-5:55pm

July 20-August 12

102300.15 M/W 5-5:25pm

July 21-August 13

102300.22 Tu/Th 3-3:25pm

102300.23 Tu/Th 5:30-5:55pm

9, 25 minute sessions TOH \$75/NR \$93

June 22-July 2

102300.10 M-F 10-10:25am

July 6-16

102300.12 M-F 10-10:25am

July 20-30

102300.13 M-F 10-10:25am

August 3-13

102300.14 M-F 10-10:25am

Summer Unlimited Use Pass

Valid May 11-August 28

Adult Pass

TOH \$125/NR \$175

Sr/Youth/Student

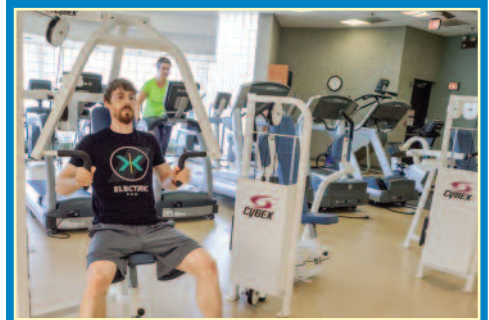
TOH \$100/NR \$135

Seniors: 65 & over

Youth: 17 & under

Student: 25 &

under with student ID



AQUATICS



Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

5, 25 minute sessions TOH \$43/NR \$53

August 17-21

102400.16 M-F 11-11:25am

8, 25 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

102400.60 Sa 11-11:25am

June 22-July 15

102400.11 M/W 5:30-5:55pm

June 23-July 16

102400.20 Tu/Th 3:30-3:55pm

102400.21 Tu/Th 6-6:25pm

July 20-August 12

102400.15 M/W 5:30-5:55pm

July 21-August 13

102400.22 Tu/Th 3:30-3:55pm

102400.23 Tu/Th 6-6:25pm

9, 25 minute sessions TOH \$75/NR \$93

June 22-July 2

102400.10 M-F 9:30-9:55am

July 6-16

102400.12 M-F 9:30-9:55am

July 20-30

102400.13 M-F 9:30-9:55am

August 3-13

102400.14 M-F 9:30-9:55am

Preschooler 5 Age 4-6

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

5, 25 minute sessions TOH \$43/NR \$53

August 17-21

102500.16 M-F 11:30-11:55am

8, 25 minute sessions TOH \$67/NR \$83

June 22-July 15

102500.11 M/W 6-6:25pm

June 23-July 16

102500.21 Tu/Th 5-5:25pm

July 20-August 12

102500.15 M/W 6-6:25pm

July 21-August 13

102500.22 Tu/Th 5-5:25pm

9, 25 minute sessions TOH \$75/NR \$93

June 22-July 2

102500.10 M-F 11-11:25am

July 6-16

102500.12 M-F 11-11:25am

July 20-30

102500.13 M-F 11-11:25am

August 3-13

102500.14 M-F 11-11:25am

Preschooler 6 Age 4-6

An advanced course for the preschool swimmer. To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with bilateral breathing, 25 yards of back crawl and 15 yards of breaststroke and butterfly. The course will focus on endurance and coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, flip turns and basic water safety instruction.

9, 25 minute sessions TOH \$75/NR \$93

June 22-July 2

102600.10 M-F 11:30-11:55am

July 6-16

102600.12 M-F 11:30-11:55am

July 20-30

102600.13 M-F 11:30-11:55am

August 3-13

102600.14 M-F 11-11:25am

Swim 1 Age 6-12

This course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

5, 30 minute sessions TOH \$43/NR \$53

August 17-21

103110.1A M-F 11:30am-12pm

8, 30 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

103110.60 Sa 11-11:30am

June 22-July 15

103110.11 M/W 6-6:30pm

June 23-July 16

103110.20 Tu/Th 3:30-4pm

103110.21 Tu/Th 5-5:30pm

July 20-August 12

103110.19 M/W 6-6:30pm

July 21-August 13

103110.22 Tu/Th 3:30-4pm

103110.23 Tu/Th 5-5:30pm

9, 30 minute sessions TOH \$75/NR \$93

June 22-July 2

103110.10 M-F 9:30-10am

103110.12 M-F 11:30am-12pm

July 6-16

103110.13 M-F 9:30-10am

103110.14 M-F 11:30am-12pm

July 20-30

103110.15 M-F 9:30-10am

103110.16 M-F 11:30am-12pm

August 3-13

103110.17 M-F 9:30-10am

103110.18 M-F 11:30am-12pm

**CELEBRATING
MADE EASY**

Birthday Parties!
Plan your child's next birthday celebration
at the Herndon Community Center.

Featuring: swimming, play zone or sports parties; private party room; options for drinks, balloons, cake, pizza and more.

Call or visit our webpage for more information on our party packages.





AQUATICS

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

5, 30 minute sessions TOH \$43/NR \$53

August 17-21

103210.16 M-F 11-11:30am

8, 30 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

103210.60 Sa 10:30-11am

June 22-July 15

103210.11 M/W 6:30-7pm

June 23-July 16

103210.20 Tu/Th 3-3:30pm

103210.21 Tu/Th 5:30-6pm

July 20-August 12

103210.15 M/W 6:30-7pm

July 21-August 13

103210.22 Tu/Th 3-3:30pm

103210.23 Tu/Th 5:30-6pm

9, 30 minute sessions TOH \$75/NR \$93

June 22-July 2

103210.10 M-F 11-11:30am

July 6-16

103210.12 M-F 11-11:30am

July 20-30

103210.13 M-F 11-11:30am

August 3-13

103210.14 M-F 11-11:30am

Swim 3 Age 6-12

Aquatic skills learned in previous classes are continued. Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

5, 30 minute sessions TOH \$43/NR \$53

August 17-21

103310.16 M-F 10:30-11am

8, 30 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

103310.60 Sa 10-10:30am

June 21-August 9

103310.70 Su 12-12:30pm

June 22-July 15

103310.11 M/W 5:30-6pm

June 23-July 16

103310.20 Tu/Th 2:30-3pm

103310.21 Tu/Th 6:30-7pm

July 20-August 12

103310.15 M/W 5:30-6pm

July 21-August 13

103310.22 Tu/Th 2:30-3pm

103310.23 Tu/Th 6:30-7pm

9, 30 minute sessions TOH \$75/NR \$93

June 22-July 2

103310.10 M-F 10-10:30am

July 6-16

103310.12 M-F 10-10:30am

July 20-30

103310.13 M-F 10-10:30am

August 3-13

103310.14 M-F 10-10:30am

Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, and breaststroke. Diving skills are also introduced.

5, 30 minute sessions TOH \$43/NR \$53

August 17-21

103410.16 M-F 10-10:30am

8, 30 minute sessions TOH \$67/NR \$83

June 20-August 15 (No class 7/4)

103410.60 Sa 9:30-10am

June 21-August 9

103410.70 Su 12:30-1pm

June 22-July 15

103410.11 M/W 5-5:30pm

June 23-July 16

103410.20 Tu/Th 2-2:30pm

103410.21 Tu/Th 6-6:30pm

July 20-August 12

103410.15 M/W 5-5:30pm

July 21-August 13

103410.22 Tu/Th 2-2:30pm

103410.23 Tu/Th 6-6:30pm

9, 30 minute sessions TOH \$75/NR \$93

June 22-July 2

103410.10 M-F 10:30-11am

July 6-16

103410.12 M-F 10:30-11am

July 20-30

103410.13 M-F 10:30-11am

August 3-13

103410.14 M-F 10:30-11am



We celebrate and thank our lifeguards.

Our lifeguards are highly trained professionals who are concerned about the safety and enjoyment of those using our swimming pool. The next time you come to the pool, stop by and meet our lifeguards while enjoying the pool, spa and the Viking Float on weekends. You and your children can swim at ease knowing our lifeguards are keeping a watchful eye over the pool and the pool deck.



AQUATICS



Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

5, 45 minute sessions TOH \$63/NR \$78

August 17-21

103510.18 M-F 9:15-10am

8, 45 minute sessions TOH \$99/NR \$123

June 20-August 15 (No class 7/4)

103510.60 Sa 8:45-9:30am

9, 45 minute sessions TOH \$111/NR \$138

June 22-July 2

103510.10 M-F 11:30am-12:15pm

103510.11 M-F 10-10:45am

July 6-16

103510.12 M-F 11:30am-12:15pm

103510.13 M-F 10-10:45am

July 20-30

103510.14 M-F 11:30am-12:15pm

103510.15 M-F 10-10:45am

August 3-13

103510.16 M-F 11:30am-12:15pm

103510.17 M-F 10-10:45am

Swim 6 Age 6-12

Focus is on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for all strokes are refined and developed.

9, 45 minute sessions TOH \$111/NR \$138

June 22-July 2

103610.10 M-F 10:45-11:30am

July 6-16

103610.11 M-F 10:45-11:30am

July 20-30

103610.12 M-F 10:45-11:30am

August 3-13

103610.13 M-F 10:45-11:30am

Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team. Age 8 & under must swim 25 yards front crawl without stopping. Age 9-12 must swim 50 yards front crawl without stopping. Age 12-18 must swim 50 yards front crawl and 25 yards back crawl without stopping. Swimmers in the Fall, Winter and Spring sessions will get the opportunity to participate in a meet sometime during the season.

8, 45 minute sessions TOH \$91/NR \$115

Age 5-8

June 21-August 9

104110.70 Su 1-1:45pm

July 27-August 6

104110.11 M-Th 8-8:45am

August 10-20

104110.13 M-Th 8-8:45am

Age 9-12

June 21-August 9

104110.71 Su 1:45-2:30pm

Age 9-18

July 27-August 6

104110.12 M-Th 8:45-9:30am

August 10-20

104110.14 M-Th 8:45-9:30am

Teen Beginner Age 13-17

If you are a teenager and you need to get comfortable in the water or learn the basic strokes in a relaxed, non-competitive environment, this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

8, 45 minute sessions TOH \$99/NR \$123

June 20-August 15 (No class 7/4)

106520.60 Sa 12-12:45pm

Diving Guidelines

Introduction to Diving

No previous diving experience necessary, but must be able to:

- Be comfortable in deep water
- Swim 25 yards

Diving 1

Successful completion of Introduction to Diving or the ability to:

- Be comfortable in deep water
- Swim 25 yards
- Dive head first from the side of the pool

Diving 2

Successful completion of Diving 1 or the ability to:

- Swim 25 yards
- Forward approach of 3 steps, hurdle and tuck dive
- Instructor permission recommended

Diving 3

Instructor permission and successful completion of Diving 2 or the ability to:

- Compete on a dive team
- Swim 25 yards
- Forward optional dives (flips)
- Back and inward dives
- Instructor permission is required

Introduction to Diving Age 5-12

This class teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

9, 30 minute sessions TOH \$75/NR \$93

July 20-30

104510.10 M-F 9:30-10am

Diving 1 Age 7-14

This class introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

9, 45 minute sessions TOH \$110/NR \$137

July 20-30

104610.10 M-F 10-10:45am

Float Night

The "VIKING SHIP" will be in the pool the third Friday of each month from 6:30pm until closing, except December and January (high school swim season). Play on the float and bring your own floats and toys and have fun with the entire family.





AQUATICS

Diving 2/3 Age 7-14

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

9, 1 hour sessions TOH \$147/NR \$183
July 20-30
 104710.10 M-F 10:45-11:45am

Adult Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

8, 45 minute sessions TOH \$99/NR \$123
June 20-August 15 (No class 7/4)

106130.60 Sa 10:30-11:15am
 106130.61 Sa 12-12:45pm
 106130.62 Sa 12:45-1:30pm

June 21-August 9

106130.70 Su 11-11:45am
 106130.71 Su 12:30-1:15pm

Adult Advanced Beginner

Age 16 & up

This class is for students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

8, 45 minute sessions TOH \$99/NR \$123
June 20-August 15 (No class 7/4)

106230.60 Sa 11:15am-12pm
 106230.61 Sa 12-12:45pm

June 21-August 9

106230.70 Su 11:45am-12:30pm

Adult Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving and butterfly will be introduced.

8, 45 minute sessions TOH \$99/NR \$123

June 20-August 15 (No class 7/4)

106330.60 Sa 12:45-1:30pm

Masters Swim Team Age 18 & up

Come and get a great workout with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! (\$10 drop-in fee per practice).

36, 1 hour sessions TOH \$144/NR \$180

June 22-August 20

106630.10 M-Th 7:30-8:30pm

Power Splash Age 16 & up

This is a fun and energetic class that utilizes a variety of cardio and resistance work in both the shallow and deep ends of the pool. Get a complete total-body workout incorporating circuits and intervals while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

8, 1 hour sessions TOH \$70/NR \$86

June 26-August 14

108230.50 F 7:30-8:30am



Senior Water Aerobics Age 16 & up

This class is an exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved. Rubber-soled water shoes are strongly recommended.

8, 1 hour sessions TOH \$70/NR \$86

June 26-August 14

108440.50 F 8:30-9:30am

16, 1 hour sessions TOH \$134/NR \$166

June 22-August 12

108440.10 M/W 8:30-9:30am

Water Aerobics Age 16 & up

This is the total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary.

Babysitting is available during this class.

Rubber-soled shoes are strongly recommended.

16, 1 hour sessions TOH \$134/NR \$166

June 23-August 13

108530.20 Tu/Th 8-9am

Water Walking Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low-impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12-foot area.

16, 1 hour sessions TOH \$134/NR \$166

June 22-August 12

108630.10 M/W 7:30-8:30am

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

Monday-Friday 6-7:15am

AQUATICS



Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

8, 1 hour sessions TOH \$70/NR \$86
June 20-August 15 (No class 7/4)
 108730.60 Sa 8-9am

16, 1 hour sessions TOH \$134/NR \$166
June 22-August 12
 108730.10 M/W 6:30-7:30pm
June 23-August 13
 108730.20 Tu/Th 8:30-9:30am

Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast-paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

16, 1 hour sessions TOH \$134/NR \$166
June 22-August 12
 108830.10 M/W 7:30-8:30pm
June 23-August 13
 108830.20 Tu/Th 7:30-8:30am
 108830.21 Tu/Th 6:30-7:30pm

Kid's Triathlon Training Age 6-16

Prepare for the Herndon Kid's Triathlon. Two programs are offered twice per week which combines dry land and water workouts. Classes on Wednesdays will work on core and strength training and running. Classes on Fridays will be in the pool working on strokes and endurance; transitions will also be worked on. The one week class focuses strictly on the water portion of the triathlon and will work on strokes, endurance and turns.

Water Only

5, 45 minute sessions TOH \$58/NR \$73
August 17-21
 105410.10 M-F 5:45-6:30pm

Water and Dry Land

8, 45 minute sessions TOH \$91/NR \$115
June 24-July 17
 105410.30 W/F 5-5:45pm
July 22-August 14
 105410.31 W/F 5-5:45pm

SUMMER SWIM TEAM The Herndon Halibuts (Herndon Swim League)

Age 5-18

If you have always wanted to be on a swim team but haven't had a neighborhood team to swim for, here's your chance! Join the Herndon Community Center Swim Team and be a Halibut! As a developmental team, your child will have an opportunity to learn the four competitive strokes and swim in meets during the season. Parents are required to volunteer at four swim meets and one team activity during the season. A \$35 Activity Fee per swimmer is due upon registration to cover the cost of T-shirts, caps, end of season awards and team activities. Online registration is available, but the Activity Fee must be paid prior to the first day. Swimmers will not be allowed to participate in practice until the activity fee is paid. All swimmers must be able to swim one length of the pool continuously without stopping. Parents must sign up for the four meets and one activity by the end of the first week.

Parents MUST attend the orientation session on Saturday, May 16, 2015 from 5-6pm. Parents will be introduced to the HCC coaching staff and given information concerning activity and meet sign-ups.

Regular Registration

TOH \$125/NR \$155

Late Registration (After 5/25)

TOH \$150/NR \$180

Age 5-8

105350.10 M-F
May 26-June 19 6:15-7pm
June 22-July 24 7:30-8:15am

Age 9-10

105350.11 M-F
May 26-June 19 5:30-6:15pm
June 22-July 24 8:15-9am

Age 11-18

105350.12 M-F
May 26-June 19 4:30-5:30pm
June 22-July 24 9-10am

HERNDON COMMANDERS 2015-2016

The Herndon Commanders is the Herndon Parks and Recreation Department's USA Swimming-sanctioned swim team. The Commanders' nine-month program is dedicated to giving each swimmer the opportunity to achieve his/her personal goals in an encouraging environment. In addition, swimmers gain confidence, physical endurance and friendships with other team members. Those individuals joining the team are required to make a commitment for the entire season and to participate in swim meets. Head Coach Bruce Andersen, beginning his 9th year as HAC head coach, has over 25 years of coaching and teaching experience.

Stroke Evaluations

Stroke evaluations for placement on the team will be on the following dates:

July 7, 14, 21, and 28
6-8pm

Sign-ups for the tryouts can be done on the team website at www.swimhacc.org. Contact Bruce Andersen at bruce.andersen@swimhacc.org for additional information.





WELLNESS/ MARTIAL ARTS

Gentle Yoga For Seniors Age 55 & up
Gentle Yoga is a functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

8, 1 hour sessions TOH \$64/NR \$85

June 15-August 3
130040.10 M 2:30-3:30pm

June 17-August 5
130040.30 W 2:30-3:30pm

Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that use exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

8, 1.5 hour sessions TOH \$96/NR \$128

June 15-August 3
130130.10 M 7-8:30pm

June 18-August 13 (No class 7/2)
130130.40 Th 7-8:30pm

Hatha Yoga For Beginners

Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

8, 1.5 hour sessions TOH \$96/NR \$128

June 28-August 23 (No class 7/5)
130330 Su 1-2:30pm

Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

8, 1 hour sessions TOH \$64/NR \$85

June 16-August 4

131130.20 Tu 6:15-7:15pm

June 27-August 22 (No class 7/4)
131130.60 Sa 10-11am

Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, Pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods, which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

8, 1 hour sessions TOH \$64/NR \$85

June 17-August 5
131131.30 M 8-9pm

MARTIAL ARTS

Tae Kwon Do for Little Kids Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning.

Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy.

Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden St., Herndon, 20170. All other sessions will be held at the Herndon Community Center.

8, 30 minute sessions TOH \$63/NR \$84

July 10-August 28

172000.50 F 6-6:30pm

172000.51 F 6:30-7pm

July 11-August 29

172000.60 Sa 1:45-2:15pm

Shotokan Karate Age 16 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light,

comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

8, 1 hour sessions TOH \$36/NR \$48

July 10-August 28
172250.50 F 7:05-8:05pm

Kendo Advanced Age 13 & up

Class is geared towards Kendoka who have completed the introductory class and wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class teaching techniques for use in shinsa and shia.

Anyone over 13, any skill level, is welcome. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

8, 1.5 hour sessions TOH \$36/NR \$48

July 8-August 26
172550.30 W 8:20-9:50pm

July 10-August 28
172550.50 F 8:15-9:45pm

July 12-August 30
172550 Su 11:15am-12:45pm

Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent. Due to the emphasis on inward focus, it has been referred to as a moving zen. Considered a complementary discipline to kendo. Students of all skill and age levels are welcome. Gi, Hakama, Bokken or Iaito, and approval from the instructor are required to join the class.

8, 1 hour sessions TOH \$24/NR \$32

July 12-August 30
172650.01 Su 1-2pm

Jujitsu Age 13 & up

Jujitsu is an exceptionally effective martial art that is appropriate for a considerable range of applications, uses and abilities. It is a multifaceted art used by the military and law enforcement. It contains elements of nearly every fighting style system, yet is not overwhelming to a novice. Jujitsu is practical, adaptable and fun.

8, 1 hour sessions TOH \$56/NR \$74

July 8-August 26
172950.01 W 7-8pm

GROUP EXERCISE



- * Summer Class Schedule covers Sunday, June 14th through Friday, August 28th.
- * Group Exercise classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates. See page 2 for details on becoming a pass holder.
- * Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300.
- * Some classes may reach capacity or have limited specialty equipment available.
- * Please consult your doctor prior to starting any exercise program.
- * Group Exercise classes are designed for age 16 & up.
- * Please do not enter a class if arriving more than ten minutes past the scheduled start time.
- * No classes during Community Center Shutdown Week; Saturday, August 29th through Monday, September 7th.

Body Blaster Circuit

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.

M/W 9:10-10:10am

Body Tone

Start your day right by joining this early bird workout to improve your shape, tone and overall body fitness. This class utilizes a variety of equipment and techniques to tone your body, increase muscle strength and flexibility, and develop better coordination and posture using functional movements.

M 6-7am

Cardio/Sculpt Interval (CSI)

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

Tu/Th 9:30-10:30am

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics, combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone and define your muscles. Put on your cross-training shoes and come have a blast!

Sa 7:30-8:30am (No class 7/4)

Pure Cardio

An intermediate level class with fast-paced and challenging cardio drills. The goal? To burn calories and get your heart pumping! Combining high- and low-impact drills and exercises—with and without hand weights—you will drive your cardio fitness to new and greater levels. *Participants can expect a regular dose of jumping, plyometrics, and quick transitions from standing exercises down to the floor with each class.

F 9:30-10:15am

Core Challenge

If you're up for a challenge, this class is for you...a 45-minute intensive class that focuses on building core strength, endurance and flexibility! Challenging exercises will target the lower and upper abdominals, obliques, back and hips. Modifications for beginners will be provided.

Tu/Th 12:15-1pm

Fit-Mix

A blend of core strengthening, flexibility and stretching, this low-impact class uses a variety of exercising techniques drawing from all areas of fitness. Slowly flowing from one exercise to the next and ending with an extended cool-down, it's a perfect recipe for a healthy body and mind.

F 10:30-11:30am

Strength and Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. This class accommodates beginners to advanced fitness levels.

Tu/Th 11am-12pm

LES MILLS
BODYPUMP™



BODYPUMP™ is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), **BODYPUMP™** gives you a total-body workout that burns lots of calories. The rep effect—a scientifically proven Les Mills formula—is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a **BODYPUMP™** class will help you achieve much more than you would be able to on your own!

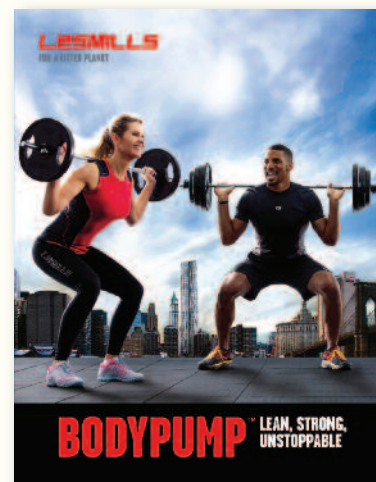
BENEFITS OF BODYPUMP™

- Shape and tone your body
- Improve bone health
- Improve your core strength

JUST GETTING STARTED?

You can adjust a **BODYPUMP™** workout to your current fitness level:

- Start with light weights or even just a bar
- Build up from four or five tracks to a full class



BODYPUMP™ LEAN, STRONG, UNSTOPPABLE

M	6:40-7:40pm
Tu	7:30-8:30pm
W	6-7pm (No class 6/17)
F	12-1pm
Sa	8:45-9:45am (No class 7/4)



GROUP EXERCISE

ZUMBA

Perfect for Everybody and Every Body!

Each Zumba® class is designed to bring people together to sweat it on.

How It Works: We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits: A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

***All Classes are 60 minutes**

Monday: 5:30pm and 6:45pm
Tuesday: 6am, 5:30pm and 8pm
Wednesday: 5pm and 7:10pm
 (No class 6/17)
Thursday: 6am and 5:30pm
Friday: 5:30pm
Saturday: 11:45am (No class 7/4)



Kid Care

FREE!

Take advantage of the free drop-off babysitting service, run by our friendly staff.

Morning:

Monday/Wednesday 9-11:30am

Tuesday/Thursday 9am-12pm

Evening:

Monday/Tuesday 5:30-8:15pm

Wednesday/Thursday 5-8pm

Friday 5:15-7pm

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.

Boot Camp for Women & Men

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability.

Classes are sometimes held indoors in the event of inclement weather.

Locations: Check our updated listing on www.FIResults.com or call

1-877-62SHAPE (877-627-4273) for more information. Guaranteed Results!

Held outdoors at Herndon Community Center.



SUMMER 2015 GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Group Exercise classes will return in the fall 2015.	6-7am Body Tone	6-7am ZUMBA		6-7am ZUMBA		7:30-8:30am Cardio Blast
	9:10-10:10am Body Blaster Circuit	9:30-10:30am Cardio/Sculpt Interval	9:10-10:10am Body Blaster Circuit	9:30-10:30am Cardio/Sculpt Interval	9:30-10:15am Pure Cardio	8:45-9:45am BODY PUMP™
		11am-12pm Strength & Sculpt		11am-12pm Strength & Sculpt	10:30-11:30am Fit-Mix	
		12-1pm Dancercise*		12-1pm Dancercise*	12-1pm BODY PUMP™	11:45am-12:45pm ZUMBA (No class 7/4)
		12:15-1pm Core Challenge		12:15-1pm Core Challenge		
	5:30-6:30pm ZUMBA	5:30-6:30pm ZUMBA	5-6pm ZUMBA	5:30-6:30pm ZUMBA	5:30-6:30pm ZUMBA	
	6:40-7:40pm BODY PUMP™	7:30-8:30pm BODY PUMP™	6-7pm BODY PUMP™			
	6:45-7:45pm ZUMBA	8-9pm ZUMBA	7:10-8:10pm ZUMBA (No class 6/17)			

Drop-in classes pay general admission

***Classes not included with daily admission.**

FITNESS



Please note: Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training. **NOL** Indicates No Online Registration available.

Group Training Punch Pass **NEW**

Age 16 & up

We have re-formatted our small group personal training program for the summer in order to offer you more schedule flexibility! Participants can now register for a 10-class punch pass to be used in any of the classes listed below. You may use the pass as many times per week as you please, or skip days and weeks when you can't be here. If you attend classes often, multiple passes may be purchased throughout the summer.

10, 1 hour sessions TOH \$75/NR \$100
Attend any of these classes from June 15-August 28

* **6:15-7:15am**

Wednesdays and Fridays (No class 7/3)

* **12-1pm**

Monday through Thursday

* **6:30-7:30pm**

Monday & Wednesday (No class 6/17)

* **7:30-8:30pm**

Tuesday & Thursday

PLEASE NOTE: Participants will receive a punch-card which must be presented to the trainer at each class attended (cards cannot be replaced if lost). Small group classes are limited to ten (10) persons on a first-come, first-served basis. Upon registration, please see a community center manager to pick up your punch card. No credits or refunds for unused class punches.

Group training merges the best of one-on-one personal training and group exercise. An expert trainer guides you and a small group in a strength workout at an affordable rate. If you have been taking one of our specialty group training classes, you can expect the same, great type of workout you're used to.

Specialty Fitness Classes

The Big Downsize Age 16 & up

Are you extremely overweight and self-conscious about coming to the gym? The Big Downsize has been designed especially for men and women with a BMI greater than 30 (or more than 50 pounds to lose) with special consideration given to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out—such as exercising in public and getting up and down off the floor. The class meets in an exclusively reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment.

11, 1 hour sessions TOH \$83/NR \$110

June 15-August 24

120230.10 M 7:30-8:30pm

Fit Boxing Age 16 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life.

11, 1 hour sessions TOH \$83/NR \$110

June 18-August 27

120330.40 Th 8:30-9:30pm

Flow Fusion Age 16 & up

Flow Fusion is an amazing combination of strength training, mobility work, Pilates and yoga-inspired movements, guaranteed to make you sweat! Suitable for beginners, fitness enthusiasts and athletes alike.

11, 1 hour sessions TOH \$83/NR \$110

June 18-August 27

120130.40 Th 6:30-7:30pm

High Intensity Interval Training

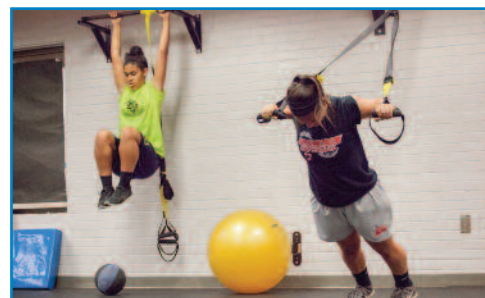
Age 16 & up

Get more out of your workout in less time. According to the newest fitness research, High Intensity Interval Training (HIIT) burns more calories, increases fat loss and improves cardiovascular fitness in a shorter amount of time by utilizing short intervals of maximum effort exercises with longer intervals of lower intensity exercise. Due to the rigorous nature of the workout, this class is recommended for individuals who can exercise at 70-80% of their maximum for at least 20 minutes.

11, 30 minute sessions TOH \$72/NR \$94

June 16-August 25

122630.20 Tu 7-7:30pm



SUMMER 2015 OPEN GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			11:30am-2:30pm Adult Basketball		11:30am-2:30pm Adult Basketball	8-11am Adult Volleyball
						1-5pm Youth Open Gym
	8-10pm Adult Volleyball	7:30-10pm Adult Basketball		8-10pm Adult Badminton	7:30-10pm Adult Open Gym	
Friday evening open gym may be cancelled for events. Youth=17 years and under. This schedule is subject to change - check monthly schedule.						



FITNESS

Not-Your-Average Boot Camp

Age 16 & up

Most people don't think of boot camp as creative and fun, but this is not your average boot camp. This indoor class casts aside traditional formats, challenging you to take your fitness to a new level. *Modifications provided as needed.

11, 55 minute sessions TOH \$83/NR \$110

June 18-August 27

120630.40 Th 5:30-6:25pm

Stretch, Core and More

Age 16 & up

For many of us, stretching is an afterthought and our "abs" work is merely crunches on the floor. Yet flexibility and core conditioning are both critical components of a workout and highly effective when applied properly. Class will incorporate "functional training" core work, stretching elements from yoga, sport performance, and other muscle tone and lengthening exercises.

11, 50 minute sessions TOH \$72/NR \$94

June 18-August 27

121230.40 Th 7-7:50am

Tennis Fitness Training

Age 16 & up

Are you working on your tennis game? Don't forget the most important aspect—the condition of your body! This class will help you develop the strength, agility, speed, and endurance needed to complement your technical skills on the court. Cover more of the court and get to balls you might not otherwise get to; add speed and power to your serve; recover your position more quickly to keep volleys alive. Best of all, you'll be able to stay healthy and stay out on the court!

11, 1 hour sessions TOH \$83/NR \$110

June 15-August 24

122950.10 M 2:30-3:30pm

TRX Suspension Training

Age 16 & up

In only 30 minutes, blast through a heart pumping workout that leaves no muscle unchallenged. TRX Suspension Training provides a full-body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had. Warm-up 15 minutes prior to class.

11, 30 minute sessions TOH \$72/NR \$94

June 16-August 25

122430.22 Tu 6:30-7pm

10, 30 minute sessions TOH \$65/NR \$85

June 19-August 28 (No class 7/3)

122430.50 F 12:30-1pm

Can't Find Your Favorite Class?

We're still offering your favorite classes in the same great format.

- * Shape Up
- * Lunch Crunch
- * Fit-in-a-Flash
- * Intervals for Weight Loss

Your class is now part of our new Group Training Punch Pass! Attend your favorite class, or any of the other listed days and times with our flexible summer schedule!

See page 14 for group training punch pass details

Active Adult Fitness Classes

Balance Training

Age 45 & up
Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance-specific exercises.

11, 45 minute sessions TOH \$55/NR \$72

June 16-August 25

121730.20 Tu 9:30-10:15am

Turn Back the Clock

Age 45 & up
With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout.

11, 45 minute sessions TOH \$55/NR \$72

June 15-August 24

121830.10 M 8:30-9:15am

June 17-August 26

121830.30 W 9:30-10:15am

121830.32 W 8:45-9:30am

Strength Circuit

Age 45 & up
Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

11, 45 minute sessions TOH \$55/NR \$72

June 15-August 24

121940.10 M 9:30-10:15am

June 18-August 27

121940.40 Th 9:30-10:15am

Summer Unlimited Use Admission Pass



Valid May 11-August 28

Adult Pass

TOH \$125/NR \$175

Sr/Youth/Student

TOH \$100/NR \$135

Seniors: 65 & over
Youth: 17 & under
Student: 25 & under
with student ID

FITNESS



Fitness Room Services

Fitness Room Orientation

Age 16 & up **FREE!** **NOL**

Get to know the Fitness Room better! Our Fitness staff will teach you the proper use of our cardio machines, free weights, Cybex circuit and other fitness equipment. Our goal is to help you become familiar with and comfortable in the Fitness Room. Available to new passholders only. Contact the Head Trainer at **703-435-6800 x2132** to schedule an appointment (subject to availability).

Teen Fitness Orientation

Age 12-15 **FREE!** **NOL**

Orientation for teens age 12-15 will afford youth a Fitness ID. This allows youth to use the fitness room in accordance with standard fitness room policies and admission rates. By appointment only. Contact the Head Trainer at **703-435-6800 x2132** to schedule (subject to availability).

ADMISSION PASS BENEFIT!

One complimentary personal training session (45 mins.) is included for all new annual and 6-month Community Center pass holders. See front desk staff for more details. Contact the Head Trainer at **703-435-6800 x2132** to schedule training session (subject to availability).

Teen Personal Training: Intro to Strength Training

Age 12-15

Personal Training designed with adolescents in mind. Teens will work one-on-one with a personal trainer to learn strength training techniques, the "how and why" of exercise intensity, frequency and duration. They will also learn how to best progress their workouts for optimal results. Students will be given a Youth Fitness ID, which will allow them to practice in the fitness room outside of their personal training sessions (in accordance with standard fitness room policies and admission rates). Please contact the Head Fitness Trainer to schedule at **703-435-6800 x2132**.

6, 45 minute sessions TOH \$172/NR \$230



Kid Care

FREE!

Take advantage of the free drop-off babysitting service, run by our friendly staff.

Morning:

Monday/Wednesday 9-11:30am
Tuesday/Thursday 9am-12pm

Evening:

Monday/Tuesday 5:30-8:15pm
Wednesday/Thursday 5-8pm
Friday 5:15-7pm

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

*Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling **703-787-7300**. Drop-ins are admitted daily on a space-available basis.*

Personal Training Age 14 & up **NOL**

For information or to schedule appointments, call our Head Personal Trainer at **703-435-6800 x2132**. Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you and support you—so that you may reach your desired fitness goals!



Bryan Hamilton-Brown



Cynthia Strong



Lori Allred



Jeff Burden



Jane Grannis



Karen Tsitos



Tom Milenkevich

Personal Training Starter Pack*

3 workouts **30 minute sessions**
TOH \$90/NR \$120

**New training clients only*

One-on-One Personal Training

30 minute sessions
1 workout TOH \$33/NR \$41
6 workouts TOH \$164/NR \$205
10 workouts TOH \$222/NR \$278

45 minute sessions
1 workout TOH \$43/NR \$54
6 workouts TOH \$215/NR \$269
10 workouts TOH \$317/NR \$397

Two-on-One Partner Training (Rates are per person)

45 minute sessions
1 workout TOH \$27/NR \$34
6 workouts TOH \$150/NR \$186
10 workouts TOH \$230/NR \$290



DANCE

Whether you aspire to become a professional dancer or you just want to improve your coordination, get some exercise, or have some fun, there's something for everyone in the Parks and Recreation Department's dance program. The dance program offers complete training in a wide variety of dance disciplines and related movement for children, aged two years and up, beginners through advanced levels. All of our instructors are fully qualified professionals, possessing many years of teaching experience. All teachers are dedicated to creating a truly caring environment for the younger child and a more challenging curriculum for older students. Dancing is a great way for people of all ages to get and stay in shape, while inspiring a sense of well-being. From our tiniest ballerina to our belly dancers, dancing helps build flexibility, strength and endurance, and contributes to a positive outlook.

Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

8, 45 minute sessions TOH \$55/NR \$73

June 16-August 4

141100.21 Tu 4:15-5pm

June 27-August 22 (No class 7/4)

141100.61 Sa 9:30-10:15am



Ballet

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

8, 45 minute sessions TOH \$55/NR \$73

Beginner Age 3-5

June 27-August 22 (No class 7/4)

141210.61 Sa 10:15-11am

Intermediate Age 3-5

June 27-August 22 (No class 7/4)

141310.61 Sa 11-11:45am

Advanced Age 4-6

June 27-August 22 (No class 7/4)

141610.62 Sa 11:45am-12:30pm

Story Time Ballet Age 3-6

Combine pre-ballet, a little imagination and a lot of fun and what do you have? Story Time ballet class! Featuring pre-ballet technique for the first 40 minutes of class, and then the last 20 minutes of class we will exercise your child's imagination by reading a short story, equipping each child with a related prop and choosing special music to go with each story.

8, 45 minute sessions TOH \$55/NR \$73

June 16-August 4

141011.21 Tu 5-6pm

Combination Dance Age 3-5

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm, offering the student experience in tap, ballet and tumbling technique.

8, 1 hour sessions TOH \$55/NR \$73

Beginner

June 27-August 22 (No class 7/4)

142050.61 Sa 12:30-1:30pm

Ballet/Tap/Jazz Age 6-10

Basic tap, jazz and beginning ballet technique class that will include more challenging barre exercises while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

8, 1 hour sessions TOH \$55/NR \$73

June 27-August 22 (No class 7/4)

142610.61 Sa 1:30-2:30pm



Adult

Ballet Technique Age 16 & up

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

8, 1.5 hour sessions TOH \$82/NR \$105

June 16-August 4

141230.21 Tu 6-7:30pm

Belly Dance Age 16 & up

For students that have never taken belly dance before, as well as students that have completed Beginner 1. In this class we will be going over the basic belly dance moves such as shimmies, hip lifts and arm patterns. We will also learn traveling steps and start building our belly dance vocabulary. Low impact.

8, 1 hour sessions TOH \$55/NR \$73

June 15-August 3

143230.11 M 6-7pm

143230.12 M 7-8pm

GYMNASTICS



Town of Herndon Town Council

Lisa C. Merkel, Mayor
Jennifer Baker, Vice Mayor
David A. Kirby, Councilmember
Steven Lee Mitchell, Councilmember
Sheila A. Olem, Councilmember
Jasbinder Singh, Councilmember
Grace Han Wolf, Councilmember
Arthur A. Anselene, Town Manager

Parks & Recreation Department Staff

Cindy S. Roeder, Director
Ann Marie Heiser, Deputy Director
Nancy Burke, Administrative Assistant
Lori Rowland, Office Assistant
Maddie Mogin, Office Assistant
Cynthia Hoftiezer,
Projects Coordinator
Abby Kimble, Marketing Specialist
Kerstin Severin,
Aquatic Services Manager
Drew Kreutter,
Pool Operations Manager
Bruce Andersen, HAC Head Coach
Kevin Breza,
Aquatics Program Assistant
Ron Tillman,
Community Center Manager
John Walsh,
Assistant Community Center
Manager
Suzanna Swalboski, Indoor Tennis
Manager
Julie Foechterle, Preschool Director

Recreation Supervisors

Kimmie Alcorn,
Special Interest, Arts & Crafts
Tom Milenkevich, Fitness
Holly Popple, Performing Arts &
Community Events
Thomas Schoenauer,
Wellness, Sports & Community
Events
Dave Zakrzewski,
Sports & Community Events

Our program for boys and girls ages 2-12 prides itself on being able to offer a positive, safe and fun gymnastics learning environment for your child. Participating in gymnastics develops self-esteem, discipline, determination and a sense of achievement. If your child needs individual accommodations, please contact david.zakrzewski@herndon-va.gov for more information.

Parent-Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age-appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

8, 45 minute sessions TOH \$53/NR \$70
July 11-August 29
170000.60 Sa 9-9:45am

Munchkateers 1 Age 3-4

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

8, 45 minute sessions TOH \$53/NR \$70
July 11-August 29
170100.60 Sa 10-10:45am
170100.61 Sa 11-11:45am

Munchkateers 2 Age 4-5

8, 45 minute sessions TOH \$53/NR \$70
July 11-August 29
170200.60 Sa 12-12:45pm

Young Beginner Age 5-7

This program is designed as a transition program to the Level gymnastics program. Class will focus on body positions, skill development and skill recognition. No experience necessary, but must be able to separate from parent, follow group instruction and learn gymnastics terminology.

8, 45 minute sessions TOH \$53/NR \$70
July 11-August 29
170310.60 Sa 1-1:45pm

USA Level Gymnastics

The Level program includes instruction in floor exercise, balance beam, uneven bars and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Advancement is based on obtaining the required skill and correct form.

Level 1 Age 6-12

No experience necessary but must be able to learn gymnastics terminology, and demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

8, 1.5 hour sessions TOH \$79/NR \$105
July 11-August 29
170410.60 Sa 2-3:30pm

Level 2 Age 6-12

Successful completion of Level I or the ability to demonstrate one long pull-up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam and front support mount on beam.

8, 1.5 hour sessions TOH \$79/NR \$105
July 11-August 29
170510.60 Sa 2-3:30pm

Level 3 Age 6-12

Successful completion of Level II or the ability to demonstrate 3 long pull-ups on bars, 3 long leg lifts on bars, pullover bars, one arm cartwheel on floor, 2 splits, backward roll to pushup position, handstand forward roll, press hold on floor 10 seconds, tuck jump on beam, cross handstand on beam and dive forward roll on vault.

8, 1.5 hour sessions TOH \$79/NR \$105
July 11-August 29
170610.60 Sa 2-3:30pm



OUTDOOR TENNIS

Tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level. Students must provide their own racquet, two new cans of tennis balls, and may wear athletic footwear only.

Pee Wee Age 4-5

Instructor will follow USTA's Quickstart format using smaller courts and age-appropriate equipment.

8, 30 minute sessions TOH \$47/NR \$63

June 23-July 16

171000.20	Tu/Th	4-4:30pm
171000.21	Tu/Th	4:30-5pm

July 28-August 20

171000.22	Tu/Th	4-4:30pm
171000.23	Tu/Th	4:30-5pm

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally, but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power; developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

Outdoor Weather Policy

Decision on outdoor programs/classes will be made one hour prior to the start of class.

Late cancellations may occur due to unpredictable weather conditions.

Programs/classes are scheduled for make-ups by the program supervisor. Call **703-435-6866**.

Beginner Age 6-8

Instructor will follow USTA's Quickstart format using smaller courts and age-appropriate equipment.

8, 45 minute sessions TOH \$68/NR \$90

June 23-July 16

171110.20	Tu/Th	5-5:45pm
-----------	-------	----------

June 27-August 22 (No class 7/4)

171110.60	Sa	9-9:45am
-----------	----	----------

July 28-August 20

171110.21	Tu/Th	5-5:45pm
-----------	-------	----------

Advanced Beginner Age 6-8

Instructor will follow USTA's Quickstart format using smaller courts and age-appropriate equipment.

8, 45 minute sessions TOH \$68/NR \$90

June 23-July 16

171111.10	M/W	5-5:45pm
-----------	-----	----------

June 23-July 16

171111.20	Tu/Th	5-5:45pm
-----------	-------	----------

June 27-August 22 (No class 7/4)

171111.60	Sa	10-10:45am
-----------	----	------------

July 27-August 19

171111.11	M/W	5-5:45pm
-----------	-----	----------

July 28-August 20

171111.21	Tu/Th	5-5:45pm
-----------	-------	----------

Beginner Age 9-15

8, 1 hour sessions TOH \$68/NR \$90

June 23-July 16

171210.20	Tu/Th	6-7pm
-----------	-------	-------

June 27-August 22 (No class 7/4)

171210.60	Sa	11am-12pm
-----------	----	-----------

July 28-August 20

171210.21	Tu/Th	6-7pm
-----------	-------	-------

Advanced Beginner Age 9-15

8, 1 hour sessions TOH \$68/NR \$90

June 22-July 15

171211.10	M/W	6-7pm
-----------	-----	-------

June 23-July 16

171211.20	Tu/Th	6-7pm
-----------	-------	-------

July 27-August 19

171211.11	M/W	6-7pm
-----------	-----	-------

July 28-August 20

171211.21	Tu/Th	6-7pm
-----------	-------	-------

Intermediate Age 11-15

8, 1 hour sessions TOH \$68/NR \$90

June 22-July 15

171213.10	M/W	7-8pm
-----------	-----	-------

June 27-August 22 (No class 7/4)

171213.60	Sa	11am-12pm
-----------	----	-----------

July 27-August 19

171213.11	M/W	7-8pm
-----------	-----	-------

Advanced Age 12-15

8, 1 hour sessions TOH \$68/NR \$90

June 23-July 16

171214.20	Tu/Th	7-8pm
-----------	-------	-------

July 28-August 20

171214.21	Tu/Th	7-8pm
-----------	-------	-------

High School Level Age 14-17

8, 1 hour sessions TOH \$68/NR \$90

June 27-August 22 (No class 7/4)

171315.20	Sa	12-1pm
-----------	----	--------

Adult

Beginner Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

June 22-July 15

171530.10	M/W	6-7pm
-----------	-----	-------

June 27-August 22 (No class 7/4)

171530.60	Sa	8-9am
-----------	----	-------

July 27-August 19

171530.11	M/W	6-7pm
-----------	-----	-------

Beginner/Advanced Beginner

Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

June 22-July 15

171535.10	M/W	9-10am
-----------	-----	--------

July 27-August 19

171535.11	M/W	9-10am
-----------	-----	--------

Advanced Beginner Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

June 22-July 15

171531.10	M/W	7-8pm
-----------	-----	-------

June 27-August 22 (No class 7/4)

171531.60	Sa	9-10am
-----------	----	--------

July 27-August 19

171531.11	M/W	7-8pm
-----------	-----	-------

Intermediate Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

June 22-July 15

171532.10	M/W	8-9pm
-----------	-----	-------

June 27-August 22 (No class 7/4)

171532.60	Sa	10-11am
-----------	----	---------

July 27-August 19

171532.11	M/W	8-9pm
-----------	-----	-------

Advanced Age 16 & up

8, 1 hour sessions TOH \$68/NR \$90

July 28-August 20

171533.10	Tu/Th	7-8pm
-----------	-------	-------

171533.11	Tu/Th	8-9pm
-----------	-------	-------

See tennis camps on page 26

SPECIAL EVENTS



SAVE the Date

NatureFest

Celebrate Nature at Runnymede Park
Sunday, September 27
1-5pm

A family-focused free event to explore various stations throughout the park that include hands-on activities, educational events, wildlife visitors and crafts. Volunteers needed! If you would like to volunteer, please contact the Friends of Runnymede Park at friendsofrp@yahoo.com.

HERNDON LABOR DAY FESTIVAL

Wine & Craft Brew Tasting

Labor Day Festival

Herndon Labor Day Festival Wine and Microbrew Tasting
Monday, September 7
11am-5pm
Downtown Herndon,
777 Lynn Street

FEATURING

Virginia wineries, craft beer tasting, crafts, food and great entertainment. Fee for entrance.

HERNDON KIDS TRIATHLON

Herndon Kids Triathlon

Age 6-16
Sunday, September 20
8am

This event is designed for youth ages 6-16, regardless of athletic ability or prior triathlon experience. The courses and distances were created to be achievable for all participants. The philosophy is completion rather than competition. We want all of our young triathletes to walk away from the event with a sense of pride in knowing that they completed a triathlon. Every participant receives a medal when they cross the finish line.

Detailed event information will be available July 1 and posted online at herndon-va.gov (parks and recreation department) and at the Herndon Community Center. Registration will be available online at herndon-va.gov or active.com.

Event will be held in and around the Herndon Community Center, swimming in indoor pool, biking and running on W&OD Trail.

July 8-August 7	\$35
August 8-September 9	\$40
September 10-19	\$45
No Race Day Registration	

	Age	Swim	Bike	Run
257010.10	6-8	50m	1.1 miles	0.6 mile
257010.11	9-11	100m	2 miles	1 mile
257010.12	12-13	150m	4 miles	1.4 miles
257010.13	14-16	150m	4 miles	1.4 miles

July is

PARKS AND RECREATION MONTH

This July, let's celebrate the enduring importance, past, present and future of parks and recreation!

Since 1985, America has celebrated July as the nation's official Parks and Recreation Month. "July is Parks and Recreation Month" is a national campaign sponsored by the National Recreation and Parks Association (NRPA). The purpose of the campaign is to encourage everyone to get outdoors, visit parks, embrace active lifestyles, and improve their overall health. Summer offers the perfect opportunity to create healthy habits for you and your family and friends—so go visit a park, walk on a trail, swing at the playground, or swim a lap at the pool.

Take a photo of your outdoor experience and share it with us. Herndon P&R will share your photos in our program and events guide, Facebook, and Twitter. You can email your photo to prmarketing@herndon-va.gov or share your experience on your Facebook and tag the Herndon Parks and Recreation Department on Facebook, or [@herndonparks](https://twitter.com/herndonparks) on Twitter.



Farmers' Market

Fun Days.

THIRST 'N' HOWL

Musical jamboree songs for sing-a-long fun!



THE MONKEY MAN VARIETY SHOW

Family variety show featuring Django!



MR. GABE AND THE CIRCLE TIME ALL STARS

Modern songs and modern favorites for kids!



ILLUSIONS BY VIC

Light hearted fun show!



PERFORMANCE 10:30-11:15AM ON THURSDAYS

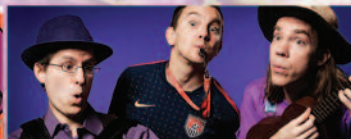
HELD ON TOWN HALL GREEN AT 730 STATION STREET HERNDON



RAINBOW ROCK

Pop rock for lil' dudes!

7/30



ROCKNOCEROS

Herndon's favorite Kid-Friendly power trio!

8/6



GROOVY NATE

A unique blend of music, puppets, interactive movement and comedy.

8/13



WILDLIFE AMBASSADORS

Barnyard Buddies

8/20

FUNDING FOR THIS EVENT MADE POSSIBLE BY THE VIRGINIA COMMISSION FOR THE ARTS AND THE ARTS COUNCIL OF HERNDON

SUMMER CAMPS



Make it a Fun-Tastic Summer

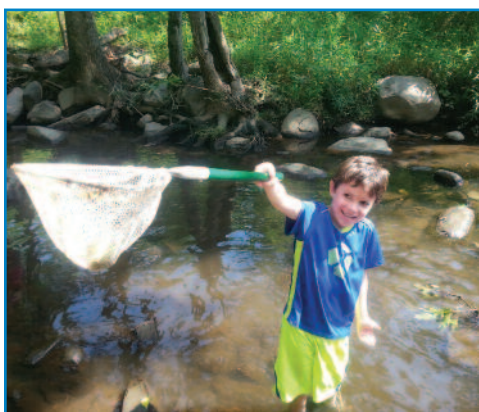
The Herndon Parks and Recreation Department can help create a great summer for your child filled with friends, great experiences, and new and improved skills. Our camps are designed to provide entertainment and enrichment for a few hours a day, half-day, or for full-day camp.

Parent/Camper Packets: Several camps have Parent Handbooks that include detailed program information. Parent Handbooks will be available online or if you prefer, request a paper version.

Camp Fees: Full payment is due at the time of registration.

Financial Assistance: Financial assistance is offered by waiving a percentage of the registration fee for programs (not including trips, daily admissions or passes to the Community Center) for those who meet federal financial qualifications. The fee waiver request form can be downloaded at herndon-va.gov, Parks and Recreation. The form needs to be submitted in person with the proper identification. Please call 703-435-6800 x2107 for information.

Refund Cancellation Policy: Prior to enrolling, please read the department's refund policy, online at herndon-va.gov, Parks and Recreation, "About Parks and Recreation, Frequently Asked Questions." Full refunds are issued if a camp is cancelled by department staff.



Preschool Play Camp

Themed activities include arts and crafts, music, drama, games and nature. Great staff and a low staff-participant ratio will further enhance a positive environment. Registration fee includes daily activities, T-shirt and weekly swim-n-splash day. Children must be potty-trained. Parents will be asked to provide a snack for one day for each session enrolled. Camp is licensed through the State of Virginia Social Services Department, which requires we see your child's original or a certified copy of the birth certificate or passport. Prior to the start of the program, the following forms need to be on file for your child to participate in the program: General Registration, Physical & Immunization Records, Authorization for Pick-up and Camper Information Forms. Forms will be available online or a paper version can be requested if you prefer.

PARENT MEETING Preschool Play Camp (half-day and full-day)

Monday, June 15, 6:30pm at the Herndon Community Center. This meeting is for adults only.

Half-Day Camp Themes

June 22-July 2 (No Program 7/3)

Desert and Savanna

Let's meet desert Dan and Savannah Sam and find out how they beat the heat.

July 6-17

Swamp, Wetland, River and Ponds

Wet and Wetter, come on in, the water is fine. Join us as we learn who is living under all of those rocks.

August 3-14

Arctic/Antarctic

Heroes of the cold, let's take a trip to Polar Bear Land and visit with our crafty penguin friends.

August 17-21

Coral Reef

Starfish, Red Fish, Big Fish, Blow Fish. Meet new friends in an amazing water wonderland.

Age 3-4

M-F 9:30am-12pm

(Must be 3 years old by May 1, 2015)

9, 2.5 hour sessions TOH \$103/NR \$137
June 22-July 2 (No program 7/3)
186000.11

10, 2.5 hour sessions TOH \$113/NR \$150
July 6-17
186000.12

10, 2.5 hour sessions TOH \$113/NR \$150
August 3-14
186000.13

5, 2.5 hour sessions TOH \$68/NR \$90
August 17-21
186000.14

Age 4-5

M-F 1-3:30pm

(Must be 4 years old by May 1, 2015)

9, 2.5 hour sessions TOH \$103/NR \$137
June 22-July 2 (No program 7/3)
186000.15

10, 2.5 hour sessions TOH \$113/NR \$150
July 6-17
186000.16

10, 2.5 hour sessions TOH \$113/NR \$150
August 3-14
186000.17

5, 2.5 hour sessions TOH \$68/NR \$90
August 17-21
186000.18

Preschool Play Camp Full-Day

Join our Preschool Play Camp staff for an expanded daily session of fun, learning, imagination and crafts! We will explore the world around us and learn about the habitats of the world and how we can keep our world "green." Campers will have a one hour "nap time" daily and parents must pack a lunch and snack daily.

Age 4-5

M-F 9am-4pm

(Must be 4 years old by May 1, 2015)

5, 7 hour sessions TOH \$134/NR \$179
July 20-24 186000.19
July 27-31 186000.20



SUMMER CAMPS

Herndon Odyssey Age 6-11

Your child will make memories that last a lifetime! Prepare to be dazzled with a dose of the unexpected, a dash of outrageous uniqueness and a splash of our traditional camp favorites. A variety of activities are planned to promote active participation in team-building, enriching games, physical fitness, expanding imagination, building self-confidence and creating new friendships. Every day at camp brings a new adventure through a variety of programs such as cooking, nature, sports & games, crafts, music, science, technology and other team-building activities. Activities are designed around weekly themes complete with special guest performances and age-appropriate weekly field trips. Field trips are optional and there is an additional cost for each field trip. Herndon Odyssey provides a structured recreation curriculum that includes both indoor and outdoor activities. We support positive physical, intellectual, social and emotional development of all of our campers. Herndon Odyssey provides continuous opportunities for campers to learn in a safe environment, develop new friendships and have FUN! Bring a healthy lunch, water and a snack every day (no peanut/nut products). The following forms must be on file prior to participation: Camper Information and Pick-up Authorization. Forms and the Parent Handbook are available at the Herndon Community Center or online at herndon-va.gov; click on Parks and Recreation. Camp hours are M-F, 7:30am-6pm.

PARENT MEETING

Tuesday, June 16, 6:30pm at the Herndon Community Center.
This meeting is for adults only.



Session I

14, 10.5 hour sessions TOH \$236/NR \$310
June 22-July 10 (No program 7/3)
186110.01

Session II

15, 10.5 hour sessions TOH \$251/NR \$330
July 13-31
186110.02

Session III

10, 10.5 hour sessions TOH \$176/NR \$230
August 3-14
186110.03

Teen Discovery Age 12-15

Teens will spend two full weeks with friends, while traveling to their favorite summer destinations. Each day promises a new adventure through field trips, games and activities. Bring a lunch, water bottle, bathing suit and towel daily. Cost includes supervision, van transportation and trip admissions. Starting and ending times will vary depending on the trip. There are different destinations each session. Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, as teens are frequently permitted to experience activities in small groups on their own, checking in at designated times and locations.
M-F, 10am-5pm

PARENT MEETING

Tuesday, June 16, 7pm at the Herndon Community Center.
This meeting is for adults only.

Session 1

Kings Dominion, Water Park, Paintball, National Zoo
9, 7 hour sessions TOH \$263/NR \$350
June 22-July 2 (No program 7/3)
186220.10

Session 2

Horseback Riding, Rebounderz, Laser Tag, Six Flags
10, 7 hour sessions TOH \$278/NR \$370
July 6-17
186220.11

Session 3

Kings Dominion, Nationals Game, Ropes Course, Tubing
10, 7 hour sessions TOH \$278/NR \$370
July 20-31
186220.12

Session 4

Rafting, Laser Tag, Aquarium, Six Flags
10, 7 hour sessions TOH \$278/NR \$370
August 3-14
186220.13

Early Bird

Need to get to Teen Discovery earlier? Camp is open with supervision for registered campers only. Campers will participate in games, crafts, and team-building activities as they prepare for each trip during the early bird care. **M-F, 8:30-10am**

Session 1

9, 1.5 hour sessions TOH \$34/NR \$45
June 22-July 2 (No program 7/3)
186221.10

Sessions 2-4

10, 1.5 hour sessions TOH \$38/NR \$50
July 6-17
186221.11
July 20-31
186221.12
August 3-14
186221.13



SUMMER CAMPS



Nature Explorers Camp

Explore nature through hands-on activities and outdoor learning, utilizing senses to discover a joy and appreciation for nature! Each week, you will investigate a different theme, centered around science experiments, nature walks, art projects, environmental education and fun! Each day, campers should apply sunscreen and insect repellent prior to camp, wear closed-toe shoes, and bring a lunch, water bottle and a snack (please no peanut products). T-shirt included. Camp meets at Runnymede Park.

Age 5-7

5, 3 hour sessions TOH \$117/NR \$156
M-F 9am-12pm

"Rock" Your World

Rock & roll at Runnymede Park. Learn about the rocks and minerals that make up this wonderful park.

July 6-10
186310.09

Gross Encounters of the Runnymede Kind

Slugs, Snails & Slime—come have a great time! Dissect owl pellets, make your own slime and learn about the disgusting diets that some creatures have.

July 13-17
186310.10

Creature Feature

Each day will feature a different creature from Snakes to Bats—OH MY!

July 27-31
186310.11

"Weather" or Not

From Rain to Snow—or the wind that blows...this camp will help kids learn about the weather and what makes storms to beautiful clouds.

August 10-14
186310.12

Age 8-11

5, 7.5 hour sessions TOH \$149/NR \$199
M-F 9am-4:30pm
Includes Field Trip on Wednesday

The Life of the Native Americans

Learn how the Native Americans lived, the foods that they ate, crafts that they made and more.

July 20-24
186310.13

Creek Critters

Live in the creek for a week and learn about what inhabits the waters at Runnymede Park.

August 3-7
186310.14

Storybook Dance Camps

Dance camps are a multi-art experience, with daily craft projects, stories and videos based around each theme. Costumed performances and a small dance party will be held for parents on the last day of each camp. Send snack/lunch daily (no peanut products). Each week of camp, participants will swim at the community center's indoor pool Tuesday and Wednesday, 12-1pm. Please provide swimsuit and towel.

Lion King Hip-Hop Age 5-7

Influenced by Twyla Tharp's choreography, your child will continue their dance training in ballet and jazz, while concentrating on modern moves through hip-hop and basic tumbling! Themed crafts, stories and dance movies with emphasis on character creation will be part of their daily experience. Ballet slippers, jazz shoes, leotard, tights and shorts required.

9, 7 hour sessions TOH \$284/NR \$378
June 22-July 2 (No Program 7/3)
184000.15 M-F 9am-4pm

Under The Sea Age 3-4

Themed around *The Little Mermaid*, your child will learn pre-ballet technique, work on coordination through basic tumbling, and prepare dances to musical numbers from Disney's *The Little Mermaid*. Our littlest mermaids will enjoy story time and create themed craft projects that are sure to exercise their imagination each day! Ballet slippers, leotard and tights required.

10, 5 hour sessions TOH \$225/NR \$300
July 6-17
184000.13 M-F 9am-2pm

Cinderella Age 5-10

Designed around the classic fairy tale *Cinderella*, your dancer will learn the basic techniques of ballet and tap, while improving coordination through tumbling. Daily art projects will provide stimulation and an outlet for developing imaginations. Ballet slippers, tap shoes, leotard and tights required. Will walk to the Farmers Market Children's performances on 7/23 and 7/30 (send shorts/T-shirt/sneakers).

10, 7 hour sessions TOH \$315/NR \$420
July 20-31
184000.14 M-F 9am-4pm

Dancing Fairies Age 3-4

Join a world where butterflies, flowers, gnomes and dragonflies flourish and fairies rule. This storybook camp is built around this theme, where our youngest dancers can exercise their imaginations to the fullest, while exercising their balance and coordination through pre-ballet and basic tumbling. We will walk to the Farmers Market Children's Performances on 8/6 and 8/12 (send shorts/T-shirt/sneakers). Ballet slippers, leotard and tights required.

10, 5 hour sessions TOH \$225/NR \$300
August 3-14
184000.11 M-F 9am-2pm

Dancing Princess Age 4-8

Your own princess will work on the fundamentals of ballet, tap and tumbling. Camp is based around classic princesses from the Ballet such as: Odette, Aurora and Clara, as well as the Disney princesses. Ballet slippers, tap shoes, leotard and tights required. Will walk to the Farmers Market Children's performance on 8/20 (send shorts/T-shirt/sneakers).

10, 6 hour sessions TOH \$270/NR \$360
August 17-28
184000.12 M-F 9am-3pm

**See Dance classes
on page 17**



SUMMER CAMPS

Specialty Camps

Engineering with LEGO®

Let your imagination run wild with over 100,000 pieces of LEGO®! In this fun-filled, creative class, participants learn building techniques that help make their ideas a reality, with the guidance of an experienced Play-Well TEKologies instructor.

Instructors demonstrate new projects daily, and provide inspiration for participants to take their creations further. Please bring a snack/drink each day.

5, 3 hour sessions TOH \$159/NR \$199
August 17-21

Age 5-6

186410.11 M-F 9am-12pm

Age 7-11

186410.12 M-F 1-4pm

Sports Camps

Happy Feet Soccer

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Kid-friendly curriculum is used to ensure kids are having an absolute blast while developing essential physical skills. In a noncompetitive environment, instructors use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

Age 3-4

5, 45 minute sessions TOH \$45/NR \$59

July 13-17

187000.11 M-F 9-9:45am

August 3-7

187000.12 M-F 9-9:45am

Age 5-6

5, 1 hour sessions TOH \$45/NR \$59

July 13-17

187000.14 M-F 10-11am

August 3-7

187000.15 M-F 10-11am

Nova Legend Soccer Age 6-12

Don't miss an opportunity to continue development of fundamental soccer skills including dribbling, passing, shooting and ball control. Skills for more advanced players will include offensive and defensive strategy. Days will consist of a warm-up, conditioning drills, and fun soccer-related games using your developing skills. Scrimmages and games will also continue to aid in the player's development. Bring a soccer ball labeled with child's first and last name.

5, 3 hour sessions TOH \$132/NR \$176

July 20-24

187100.10 M-F 9am-12pm

Basketball Age 6-12

Whether you're new to the game or simply looking to improve your skills, this is the perfect program for you. Emphasis will be placed on basic fundamentals, including shooting, passing, rebounding and defense. Develop the ability to work as a team and exhibit good sportsmanship. Instruction provided by Amazing Athletes.

5, 2 hour sessions TOH \$90/NR \$120

August 10-14

187210.10 M-F 9-11am

Sport Sampler

Enhance your child's hand-eye coordination, gross motor skills and confidence through a sampling of sports. They will play soccer, T-ball/baseball, kickball, golf, parachute games, and a whole lot of other fun games in between. Emphasis will be on teamwork and good sportsmanship. Instruction provided by Amazing Athletes.

Age 3-4

5, 30 minute sessions TOH \$30/NR \$40

July 20-24

187400.10 M-F 10:35-11:05am

August 3-7

187400.11 M-F 10:35-11:05am

Age 5-6

5, 1.5 hour sessions TOH \$60/NR \$80

July 20-24

187400.12 M-F 9-10:30am

August 3-7

187400.13 M-F 9-10:30am

Multi-Sport Age 7-11

Amazing Athletes provides a unique, tried and proven, fun-filled sports program that incorporates physical fitness, muscle tone, and gross motor skills while learning and playing in the following sports: soccer, hockey, football, basketball, baseball, volleyball, golf and lacrosse. A fun and positive learning experience that will help your child develop the basic fundamentals of sports, as well as instilling self-confidence, good sportsmanship and team pride.

5, 3 hour sessions TOH \$120/NR \$160

July 27-31

187510.10 M-F 9am-12pm

Table Tennis Age 5-12

Want to learn more about table tennis? This camp will focus on hand-eye coordination, ready position, and the basics in ping-pong grips and strokes. Participants will be divided into age groups, and a ping-pong machine will be used to reinforce the correct stroke. Please bring a snack (no peanut products) and drink each day. Swimming will be provided two times during the week and parents will be given a schedule on the first day of camp.

5, 3 hour sessions TOH \$135/NR \$180

July 6-10

187910.10 M-F 1-4pm

July 27-31

187910.11 M-F 1-4pm



SUMMER CAMPS



Tennis

Camps are held at the Bready Park Tennis Complex at the Herndon Community Center, Monday-Thursday, with Friday reserved as a makeup day. Bring water bottle and a snack (no peanut products) each day. T-shirt included. Pee Wee camp participants are only required to bring their own mini-racquets. Other equipment will be provided. Instructor-student ratio is six to one. For ages 8-15, participants must provide own racquet and one can of new tennis balls. Instructor-student ratio is eight to one.

Age 4-5

One is never too young to learn the game of a lifetime sport. We will help your child learn the basic tennis fundamentals by using creative games, skill learning and teaching techniques.

4, 30 minute sessions TOH \$32/NR \$43
M-Th 9:45-10:15am

June 22-25

188400.10

July 6-9

188400.11

July 13-16

188400.12

July 20-23

188400.13

July 27-30

188400.14

August 3-6

188400.15

Age 6-7

4, 30 minute sessions TOH \$32/NR \$43
M-Th 10:20-10:50am

June 22-25

188510.10

July 6-9

188510.11

July 13-16

188510.12

July 20-23

188510.13

July 27-30

188510.14

August 3-6

188510.15

Age 8-15

Designed for all levels and taught by our highly trained instructors. Grouped by ability, each camp features comprehensive on- and off-court instruction, skill learning, games, and practice matches.

8, 2 hour sessions TOH \$77/NR \$102

July 6-16

188610.10

M-Th

8-10am

188610.11

M-Th

10:15am-12:15pm

July 20-30

188610.12

M-Th

8-10am

188610.13

M-Th

10:15am-12:15pm

August 3-13

188610.14

M-Th

8-10am

188610.15

M-Th

10:15am-12:15pm

Gymnastics Camps

Munchkateer Age 3-5

This innovative movement program for children combines fitness, elementary gymnastics, games, and arts and crafts. The program develops your child's large motor coordination skills, strength, flexibility and imagination. Plus they will have a great time! Children should be ready for group instruction.

5, 3 hour sessions TOH \$68/NR \$90
M-F 9am-12pm

July 13-17

188000.00

July 27-31

188000.01

August 10-14

188000.02

Girls Gymnastics Age 6-13

Missed the chance to take gymnastics during the school year or want to improve and stay on top of your skills? Participate in floor exercises, beam, uneven bars, parallel bars and vault. Qualified staff and small student-teacher ratio provide individualized and higher quality instruction. Family members and friends are invited to a demonstration of new and/or improved skills on the last day of camp. T-shirt included. We will swim two times during the week. Each day bring a snack/drink (no peanut products). We are pleased to offer an extended day program for parents who need a bit more time before picking up their

children from camp. Register below for Extended Care which will be provided by summer day camp staff at HCC. Participants will join the summer day camp program already in progress.

5, 6 hour sessions TOH \$135/NR \$180
M-F 9am-3pm

July 20-24

188110.20

August 3-7

188110.22

Extended Care

5, 3 hour sessions TOH \$60/NR \$60
M-F 3-6pm

July 20-24

188110.21

August 3-7

188110.23

Acro Gymnastics Age 6-13

Learn elements of jazz and hip-hop with a focus on tumbling, choreographed to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. We will swim two times during the week. Bring a lunch, snack and a large T-shirt for crafts. We are pleased to offer an extended day program for parents who need a bit more time before picking up their children from camp. Register below for Extended Care, which will be provided by summer day camp staff at HCC. Participants will join the summer day camp program already in progress.

5, 6 hour sessions TOH \$135/NR \$180
M-F 9am-3pm

July 6-10

188310.20

August 17-21

188310.22

Extended Care

5, 3 hour sessions TOH \$60/NR \$60
M-F 3-6pm

July 6-10

188310.21

August 17-21

188310.23



SPECIAL INTEREST/ SPORTS

Beginning Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased.

8, 2.5 hour sessions TOH \$141/NR \$188

June 29-August 17

110150.11 M 6:30-9pm

Kidz on Wheelz Age 10-13

Explore your creativity while learning hand building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run. Fee includes all materials.

6, 1.5 hour sessions TOH \$90/\$NR \$120

July 1-August 19

110010.31 W 6:30-8pm

Handbuilding Pottery Workshop

Age 10 & up

Experience the satisfaction of designing and creating your very own garden and decorative yard items. You will learn how to craft the piece and use your own imagination to make your item special and unique. Opportunity to participate individually or as parent/child together. All tools and materials are included.

1, 3 hour session

Individual \$75

Parent/Child \$120

July 25

110140.61 Sa 11am-2pm

Thai Cooking Age 18 & up

Do you ever dream of creating your favorite Thai dishes on your own? Have fun while learning to cook healthy delicious food.

1, 3 hour session TOH \$25/NR \$25

July 11

160030.61 Sa 11am-2pm

August 1

160030.62 Sa 11am-2pm

CPR/AED and First Aid Age 14 & up

American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for 2 years.

1, 6 hour session TOH \$95/NR \$95

June 14

160150.00 Su 12-6pm

July 12

160150.60 Su 12-6pm

August 2

160150.61 Su 12-6pm

Sports

Happy Feet Soccer Age 2-3

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

8, 30 minute sessions TOH \$48/NR \$64

July 11-August 29

173000.52 Sa 9:20-9:50am

173000.53 Sa 9:55-10:25am

173000.54 Sa 10:30-11am

Golf for Kids

Learn the basics: putting, chipping and driving with modified equipment designed for kids. The equipment's Velcro construction allows for indoor play and immediate success for children of all ages.

8, 45 minute sessions TOH \$48/NR \$64

July 12-August 30

Age 4-7

175011.10 Su 1:30-2:15pm

Age 7-11

175011.11 Su 2:30-3:15pm

Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 1 hour sessions TOH \$75/NR \$100

July 10-August 28

176010.60 F 6:30-7:30pm

Planning a Special Event or Meeting?

The Herndon Community Center can accommodate sit-down functions up to 375 people, or provide meeting space for up to 100, and has a warming/catering kitchen.

Call **703-787-7300** for information, or to arrange a tour of our facilities.



PARKS/ SPECIAL EVENTS



FIND A HERNDON PARK NEAR YOU



The Games of Heroes

We welcome the **World Police and Fire Games (WPFG) athletes**, and their support teams, families and friends as they arrive here in the National Capital Region for 10 full days of competition **June 26 through July 5**. The Town of Herndon Parks and Recreation Department plays host to the **weight lifting competition at the Herndon Community Center (HCC) June 26-July 4**. We encourage everyone to come in and cheer them on each day. **Admission is free.***

The WPFG are a spectacular biennial international sporting event, offering police officers, firefighters, and customs and correction officers from around the world an opportunity to showcase their athletic excellence in Olympic-style sporting events. The Games will bring in excess of 12,000 competitors from 70 countries to participate in 60 sporting events in 53 different venues. The athlete's village is centered at Reston Town Center, where on-going entertainment is open to the public. WPFG athletes and their families are welcome to enjoy use of the HCC indoor pool and fitness room during regular business hours throughout the competition at the Town of Herndon resident rate. Just mention the games when you come in to workout.

*No community center services are included.



FAIRFAX 2015
WORLD
POLICE & FIRE
GAMES



The 10K and 5K race course takes you through historic downtown Herndon during Herndon Festival weekend. Both the courses are USATF certified. Awards are presented to the top two finishers from each age group from the 10 & under, to 70 & over.



10K & 5K Races & Fitness Expo Sunday, May 31, 2015

Early Bird Registration \$30 (up to April 30)
Regular Registration \$35 (May 1-May 30)
Race Day Registration \$45 (May 31), Youth (15 & under) \$20

How to register:

1. Online - Active.com or Herndon-va.gov/webtrac
2. Pick up an application at the Herndon Community Center



PARKS

Herndon Parks

Visit herndon-va.gov for a map of parks.

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, softball and 60/70' baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Sept.-April, soccer field and a play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a baseball field and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a baseball/T-ball field, walking areas, and a multipurpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available, as well as playground equipment for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball court, restrooms and a new play area.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a children's play area, park benches and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters (can be reserved) and a paved handicapped-accessible trail. Remember all pets must remain on the leash, and please pick up after your pet!

You can schedule activities in Runnymede Park for:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled by calling 703-435-6800 x2134 or the Town Community Forester at 703-435-6800 x2014.

Do you have questions or concerns regarding Trees? The Town Forester is available to answer your questions. Call 703-435-6800 x2014.

Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a play apparatus, a sand volleyball court, bocce court, and an open play area. Shelter is available for reservations.

Picnic Shelter Rental Fees

Reserve a picnic shelter to host your next special event or family gathering online at www.herndon-va.gov or by calling 703-787-7300 for more information.

Trailside/Runnymede Park

parties up to 70:

Town of Herndon Resident: \$50

Non-Resident: \$75

\$20 nonrefundable deposit

Bready Park

parties up to 140:

Town of Herndon Resident: \$100

Non-Resident: \$150

\$35 nonrefundable deposit

- Shelters are rented in four-hour intervals.
- There are no alcoholic beverages allowed in parks.
- Be sure to clean and properly recycle all trash.

The cost of electricity is an additional \$10 per rental. (Runnymede does not have electricity.)



Mission Statement

"Promoting a sense of community and enriching the quality of life." The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge
<ol style="list-style-type: none"> 1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met. 2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart. 3. All refunds are made by credit card or Town check depending on initial method of payment. 4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department. 5. No refunds or credit on account are given to those who have insufficient fund balances. 6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information. 7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away. 		

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the mid-point of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call **703-787-7300** or go to: herndon-va.gov, and click on Parks and Recreation on the left side of the page, click on About Parks and Recreation, then click on Frequently Asked Questions.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on May 5.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our five convenient registration methods will begin for TOH residents at 10am on Wednesday, April 29. Open registration for Non-TOH residents will begin at 10am on Tuesday, May 5.

Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10am on April 29 for TOH residents, and 10am on May 5 for Non-TOH residents.

Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NOL** is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, April 29 for TOH residents; and 10am, May 5 for nonresidents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: **703-318-8652**. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.

NOTICE: In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.



Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, April 29** at 10am.
Registration for Non-Town of Herndon Residents begins on **Tuesday, May 5** at 10am.

PHONE: 703-787-7300
FAX: 703-318-8652

Summer 2015 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ EMAIL _____

PHONE: HOME _____ CELL _____ WORK _____

Use one form per household.

Complete this form and be sure to note your first, second and third choices.

TOH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund (NOL). All scholarship funds are used to enable those who are unable to participate in programs or camps.

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/1/99	M/F	000000.00	Level 4	\$68	000000.00	000000.00
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.							

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$50 fee



MAIL TO:
Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: _____

OFFICE USE – Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:
☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ EXP DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



**Town of Herndon
Parks and Recreation**
P.O. Box 427
Herndon, VA 20172
herndon-va.gov

PRST STD
US Postage
PAID
Herndon, VA
Permit No. 280



A National Accredited Agency Since 2006

**ECRWSS
Residential Customer**

Historic Downtown Herndon Comes Alive May 28-31, 2015



35 Years Celebrating Herndon

- Three Entertainment Stages
- Carnival
- Fireworks - Thurs & Sat
- 10K/5K Races & Fitness Expo
- Kids' Alley with Children's Hands-On Art Area
- Business Expo
- Arts & Crafts Vendors
- Food Vendors
- Free Shuttle Bus Service



**Learn more at
HerndonFestival.net
or call 703-787-7300**

Our 2015 Headline Entertainment – Featuring music from the 80's, a nod to the first Festival

Thursday

Dueling Pianos-Cutting Edge,
7:30-9:30pm

Leather & Lace, Stevie Nicks/
Fleetwood Mac Tribute,
7:15-9:30pm



Friday

Love Canon, 7:30-9:30pm

Ocho de Bastos, 7:30-9:30pm



Saturday

Tëaze, 100% Hair Metal,
7:30-9:30pm

Green River Ordinance,
8-9:30pm



**Sunday –
a blast from
Herndon's
past**

Gaelic Storm, 4-6pm



A SPECIAL THANKS TO OUR GENEROUS SPONSORS:

TITLE



Das Auto.

PLATINUM



GOLD



PARTNER

SV

silverlinemetro.com



SILVER



BRONZE



COPPER

• Evergreen Homes

FRIENDS OF THE FESTIVAL

- NextStop Theatre
- Duck Donuts
- Town Center Family Medicine
- Greater Reston-Herndon Orthodontics